UNIVERSITY OF LEICESTER TRAMPOLINE CLUB
CODE OF PRACTICE

MEMBERSHIP
Membership is open to all staff and students of the University of Leicester.

Members may join the club at any time; the membership fee will be reduced by a proportional amount per term of the year.
The club is open to any eligible person irrespective of ability or experience.

Any student member can stand for a committee post in an election.

Membership may be withdrawn by the committee provided the relevant disciplinary procedures are followed.

INFORMATION TO NEW MEMBERS
Both written and verbal information about the club will be initially provided at the Freshers’ Fair.

The club will provide to new members confirmation of their membership.

Communication within the club will be via the email distribution list, our Facebook page and at training sessions.

The committee with clearly identify themselves and will be available to answer any queries that may arise.

Contact details for the committee members will be given to all members who are able to consult them on an informal basis about any matters arising.

AFFILIATIONS
The club may be affiliated with British Gymnastics (BG)

COACHING
Coaching must take place in accordance with the recommendations of the BG Best Coaching Practice for Trampolining.

The code of practice and protocols for coaches issued by the Sports Association will be adhered to.

Coaches must have the appropriate BG qualifications and current full membership of BG.

TRAINING
Trampolines must only be used responsibly and in the presence of a qualified coach.

The coach’s decision on training matters is final.

All participants must be available to ‘spot’ at all times during a session unless the coach has given permission to leave the trampoline.

FACILITIES AND EQUIPMENT
The club trains at Beauchamp College in Oadby.

The coach must inspect all equipment at the start of each session.

At least 2 trained, suitably sized persons wearing training shoes, under direct supervision and involvement of a trained coach, should be used to put out and put away the trampolines.

DISCIPLINE
Any member whose actions or behaviour during club activities put others at risk, or brings the club into disrepute, will receive a written warning from the club captain.

Any further incidents may result in suspension or expulsion from the club.

If a member feels that they have been unfairly treated, they may refer the matter in writing to the President of the Sports Association.
INSURANCE
Every member must have a valid Sportscard or the Sports Association’s sport injury cover.

Should a member wish, it is advised they purchase individual membership from British Gymnastics (BG). Details will be provided by the Coach or committee members.

SAFETY
The club will be run in accordance with the recommendations of BG. Members must:

• Inform the coach of any medical condition or medication which could affect performance.
• Always inform the coach of any accident in the last 6 months which resulted in unconsciousness from a blow to the head.
• Only use trampoline when a coach is present and has given permission.
• Pay attention when spotting.
• Be attentive to the coach and attempt new skills only after progressive training.
• Avoid going under or swinging under the trampoline or end-decks.
• Remove all watches and jewellery, including body piercing, before jumping on the bed.
• Wear sports clothing and non-slip footwear, tie hair back and keep nails short.
• Report any accidents or injuries immediately to the coach and/or a committee member.

GENERAL
Trampolining is a potentially dangerous sport. The purpose of this code of practice is to ensure both participants and coaches operate safely.